

Model Cities



Model Cities Senior Wellness Center

1901 Evarts Street, N.E.

Washington, D.C. 20018

(202) 635-1900 Phone (202) 635-1477 Fax

Hours of Operation M-F 8:00 a.m.-5:00 p.m.

Volume 11, Issue 8

CITIES TALK



November 2016

Newsletter and Calendar

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CENTER STAFF

Stacie Mack, Project Director

Vernetta Broady, Nutrition Site Manager

Monica Carroll, Community Health Specialist

Gloria Franklin-Austin, Front Desk Registration

Jandel Benjamin, Nutritionist



Linda Smith, Administrative Assistant



Healthcare that Works • Healthcare that is Safe • Healthcare that Leaves No One Behind

| | Tues. Nov. 1 | Wed. Nov. 2 | Thurs. Nov. 3 | Fri. Nov. 4 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class What is GMO 12:00 Bowling  12:30 Line Dance (Beginners) 1:00 Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training | 8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:15 No Circuit Training 10:00 Chair Exercise 10:00 Enhance Fitness Chair Exercise 11:00 Town Meeting 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise | 8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 10:45 Nutrition Class Las Canteras  Peruvian Restaurant 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 1:00 Pulmonary Rehabilitation Program, Providence Hospital 2:00 Board Games 3:30 Weight Training | 8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo |
| | | | | Sun. Nov. 6 Daylight Saving Time set your clock back 1 Hour.  |
| Mon. Nov. 7 | Tues. Nov. 8 | Wed. Nov. 9 | Thurs. Nov. 10 | Fri. Nov. 11 |
| 8:00 Open Gym 9:00 Medicare Education 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 11:15 Beginners Spanish 1:00 Quilting 1:00 Pinochle 1:00 Redskin Monday  1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise | Election Day Center Closed Voting Site  | 8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Fire Prevention 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise | 8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 10:45 Nutrition Class Vitamin B Complex Many function 11:00 Focus Group With/ Michelle 12:00 Kojak Low Impact Enhance Fitness 1:00 Club Memory 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training | Veterans Day Center Closed In Observance of the Holiday  |

| Mon. Nov. 14 | Tues. Nov. 15 | Wed. Nov. 16 | Thurs. Nov. 17 | Fri. Nov. 18 |
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| 8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 11:15 Beginners Spanish 1:00 Quilting 1:00 Pinochle 1:00 Redskin Monday  1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise | 8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Vitamin C for Health 12:00 Bowling, Seabury Transportation  12:30 Line Dance (Beginners) 1:00 Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training | 8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 AARP Display Table 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise | 8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 10:45 Nutrition Class Healthy Vitamin E 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training | 8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing 10:20 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Bingo |
| Mon. Nov. 21 | Tues. Nov. 22 | Wed. Nov. 23 | Thurs. Nov. 24 | Fri. Nov. 25 |
| 8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 11:15 Beginners Spanish 1:00 Quilting 1:00 Pinochle 1:00 Redskin Monday  1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise | 8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Spices for Thanksgiving 12:00 Bowling  12:30 Line Dance (Beginners) 1:00 Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training | 8:00 Open Gym 1:00 a.m.-2:00 p.m. The Salvation Army and Safeway Thanksgiving Fest at the Washington Convention Center  There will be no morning activities held at Model Cities Senior Wellness Center No Circuit Training 11:00 No Chair Exercise 11:00 Enhance Fitness Chair Exercise 1:00 Pinochle 1:00 No Kojak Low Impact Aerobics 3:30 Weight Training 5:30 Cardio— Interval Exercise Class |  | Happy Thanksgiving Day Center Closed In Observance of the Holiday  |

| Mon. Nov. 28 | Tues. Nov. 29 | Wed. Nov. 30 | Thurs Dec. 1 | Fri. Dec. 2 |
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| 8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 11:15 Beginners Spanish 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Redskin Monday  1:00 Alzheimer 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise | 8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Minerals are not Just in rocks 12:00 Bowling  12:30 Line Dance (Beginners) 1:00 Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training | 8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise | 8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 10:45 Nutrition Class 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training | 8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing 10:20 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Bingo |

Health Observances For November

- Alzheimer's Disease Month
- Apple Month
- Bladder Health Week 11/14-18
- Child Safety and Protection Month
- COPD Awareness Month
- Diabetes Month
- Epilepsy Month
- Family Caregives Week 11/14-18
- Great American Smokeout
- Gastroesophageal Reflux Disease
- Lung Cancer Awareness Month
- National Healthy Skin Month
- Stomach Cancer

RECIPES TO TRY!!

Bulgur Stuffing with Dried Cranberries & Hazelnuts

- **Prep Time:** 40 minutes
- **Cook Time:** 40 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 cups chopped onions, (2 large)
- 1 cup chopped celery, (2-3 stalks)
- 1 clove garlic, minced
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 2 cups bulgur, rinsed (see Ingredient note)
- 3 cups reduced-sodium chicken broth
- 1 bay leaf
- 1/4 teaspoon salt, or to taste
- 2/3 cup dried cranberries
- 1/4 cup orange juice
- 2/3 cup chopped hazelnuts, (2 ounces)
- 1/2 cup chopped fresh parsley
- Freshly ground pepper, to taste



Preparation

1. Heat oil in a Dutch oven over medium heat. Add onions and celery; cook, stirring often, until softened, 5 to 8 minutes. Add garlic, cinnamon and allspice; cook, stirring, for 1 minute. Add bulgur and stir for a few seconds. Add broth, bay leaf and salt; bring to a simmer. Reduce heat to low, cover and simmer until the bulgur is tender and liquid has been absorbed, 15 to 20 minutes.
2. Meanwhile, combine dried cranberries and orange juice in a small microwave-safe bowl. Cover with vented plastic wrap and microwave on high for 2 minutes. (Alternatively, bring dried cranberries and orange juice to a simmer in a small saucepan on the stovetop and remove from heat.) Set aside to plump.

Toast hazelnuts in a small dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. When the bulgur is ready, discard the bay leaf. Add the cranberries, toasted hazelnuts, parsley and pepper; fluff with a fork.

Tips & Notes

- **Make Ahead Tip:** The stuffing will keep, covered, in the refrigerator for up to 2 days. To reheat, place in a baking dish and add 1/2 cup water. Cover and microwave on high for 10 to 15 minutes. (Alternatively, bake at 350°F for 25 to 30 minutes.)

Ingredient note: [Fiber](#)-rich bulgur is made from whole-wheat kernels that are precooked, dried and cracked. Virtually a whole-grain convenience food, bulgur cooks in less than 20 minutes. You can find it in health-food stores and some large super-markets.

To stuff a turkey, prepare the recipe and let cool completely. Place about 5 cups of the stuffing loosely in turkey cavities; heat the remainder separately.

Ask The Nutritionist:



Jandel Benjamin, Nutritionist

Preparing for winter.....

We all prepare for winter, whether it is weather stripping our doors and windows or purchasing new tires. But, we also have to prepare our bodies for the winter. We have to build our immune system for the flu season and help our bodies fight disease.

How to build our immune system?

The body has an immune system comprised of white blood cells and lymph nodes that fight off toxins. One way to make the immune system strong is to consume a variety of foods to capture all the vitamins and minerals necessary but particularly, vitamin A, C, E, zinc, folic acid (vitamin B9), and selenium. You may find these nutrients in such foods as green tea, blueberries, acai berry, elderberry, dark leafy greens, wheat germ, garlic, lemons, and turmeric.

How to help our bodies fight off disease?

Antioxidants are molecules that inhibit the oxidation process of other molecules. Oxidation produces free radicals. These substances are produced inside our bodies in the form of the bad bacteria and cancer or introduced from outside, such as tobacco smoke, toxins, viruses, mold and pollution. These free radicals can damage cells, proteins, and DNA by altering their chemical structure.

Consume foods high in antioxidants, such as, lentils, navy beans, grapes (purple, red, and blue), fish (salmon), blueberries, red berries, dark green leafy veggies, vitamin C containing foods, and green tea.

Finally, hydrate our bodies by drinking enough water to flush out the toxins the antioxidants destroy. Drink half your body weight in ounces per day. For example, if you weigh 130 pounds, drink 65 ounces of water per day.

May you have a healthy winter.



Alzheimer's disease

Also called: senile dementia

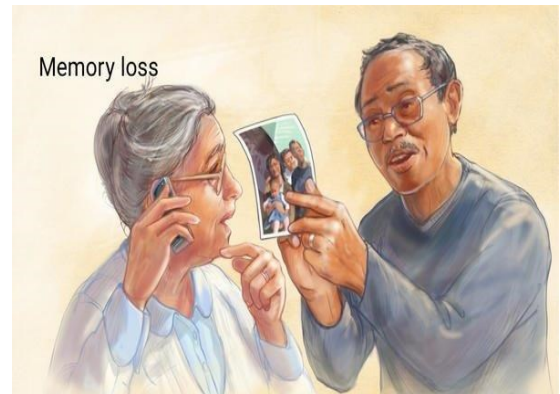
A progressive disease that destroys memory and other important mental functions.

Very common

More than 3 million US cases per year

Can't be cured, but treatment may help

Requires a medical diagnosis



People may experience:

Cognitive: mental decline, difficulty thinking and understanding, confusion in the evening hours, delusion, disorientation, forgetfulness, making things up, mental confusion, difficulty concentrating, inability to create new memories, inability to do simple math, or inability to recognize common things

Behavioral: aggression, agitation, difficulty with self care, irritability, meaningless repetition of own words, personality changes, lack of restraint, or wandering and getting lost

Mood: anger, apathy, general discontent, loneliness, or mood swings

Psychological: depression, hallucination, or paranoia

Whole body: loss of appetite or restlessness

Also common: inability to combine muscle movements or jumbled

Self-care

Physical exercise: Aerobic activity for 20-30 minutes 5 days a week improves cardiovascular health. If injured, pursuing an activity that avoids the injured muscle group or joint can help maintain physical function while recovering

Treatments

Treatment consists of cognition enhancing medications

No cure exists, but medications and management strategies may temporarily improve symptoms

Optimum health during the golden years!

Model Cities Senior Wellness Center is of the Senior Services Network- supported by the D.C. Office on Aging and managed by

Happy Birthday to all born in the Month of November!

Model Cities Senior Wellness Center's Trip Policy

We welcome all Model Cities Senior Wellness Center participants and their guest to join us for activities and outings. Registration for all events is honored on a first come, first served basis. When a donation is required, payment must be made when you register by mail or in person. Telephone registration for these programs will not be accepted. Cash and checks are welcome. Please make checks payable to Model Cities Senior Wellness Center.

Inclement Weather Policy

Model Cities follow the DC Government inclement weather policy. The Seniors Follow the DC Public Schools closing, if the schools open two hours late, Model Cities will open for business at 10:00am. Please listen to the weather stations and watch your local television channels for the weather updates for closures.

MEMBERSHIP IS FREE

To all District of Columbia residents who are 60 years of age and older.

Donations are accepted.



Program Highlights

- Wednesday, December 7, 2016 [Model Cities Holiday Bazaar](#) 10:30 at Model Cities, person interested in a table, see Monica Carroll or Stacie Mack for more details.
- Thursday, December 8, 2016 [DC Office on Aging Senior Holiday Luncheon](#) 9:30 am.at the D.C. Armory Washington, DC see front for sign up sheet.
- Wednesday, December 14, 2016 [Model Cities Holiday Concert and Program](#) 10:30am. see front desk for sign up sheet.
- Friday, December 16, 2016 [Model Cities Holiday Party](#) 11:00am Non Benevolence Members \$16.00 at Model Cities

NATIONAL DO NOT CALL REGISTRY 1-888-382-1222

Model Cities would like to recognize our senior ambassador

Ms. K. Brisbane